

Walking for Health and Well-Being

Studies show that walking support groups help improve immune function, lower blood pressure, and slow down the aging process. They also improve mental health by decreasing anxiety and depression, increasing hope and self-efficacy, and boosting memory.

Join the Self-Help Resource Centre for a walking group!

WHEN: Every Thursday at 1:30pm

HOW LONG: Approximately 60 minutes.

WHERE: Deer Park Library, 40 St. Clair Avenue East (Near Yonge and St. Clair)

WHAT TO BRING: A good pair of shoes, feet & a water bottle

All are welcome to join!

We are also offering free training for people interested in becoming peer-led walking group leaders in the community. We will train peer leaders and provide ongoing monthly support groups/events.

If you have any questions, or if you have accessibility or health needs you would like to discuss in advance, feel free to email shrc@selfhelp.on.ca or call 416-487-4355



www.selfhelp.on.ca